## Signs Of Suicide

- Appears depressed: sad, tearful, poor sleep, poor appetite, hopelessness,
- Threatens suicide
- Talks about wanting to die
- Shows changes in behavior, appearance, mood
- Abuses drugs, alcohol
- Experienced significant loss
- Injures self deliberately
- Gives away possessions
- Recent breakup in a relationship


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# SOLDIER SUICIDE RISK HELPCARD

## What To Do:

- Ask. Don't be afraid to ask "Are you thinking about hurting yourself?"
- Intervene immediately.
- Don't keep it a secret.

## Follow the acronym LIFE:

**Locate help**: Staff Duty Officer, Chaplain, Nurse, friend, family, or any of the following sources of help:
- Division Mental Health at 618-8134 or DACH Emergency Room at 288-8113.
- For 24 hour crisis intervention, call 287-CHAP to reach the duty Chaplain.

**Inform**: Chain of Command of the situation.
- If after duty hours call the Staff Duty NCO or Division Operations Center at 287-8079.
- Chain of Command representative will escort soldier for an evaluation at Bennett Mental Health clinic at 618-8134 or, if after duty hours, DACH ER at 288-8113.

**Find**: Someone to stay with the soldier * DON'T leave the soldier alone.

**Expedite**: Get help immediately. A suicidal soldier needs immediate attention by helpers. Your timely efforts can save a life.


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# SUICIDE IS NOT A SOLUTION!!

## 14 SIGNS OF SUICIDE RISK:

- Recent significant emotional loss or trauma (death, divorce, judicial punishment)
- Suicide attempt by self or family member
- Current, recent, or recurring depression
- Getting ready for suicide by:
  - -talking about death
  - -returning borrowed items
  - -giving away significant possessions
- Difficulties with relationships or finances
- Recent decline in performance
- Abuse of drugs or alcohol
- Recent severe bad health or bad news
- Inadequate social/family support
- Recent inattention to personal hygiene
- Submissive/ Low self esteem
- Impulsive (Acts on the spur of the moment)
- Subjective (Person acts on feelings vs facts)
- Recent significant weight loss

## WHO IS A SUICIDE RISK?

- ANYONE!
- DO NOT leave the person alone
- Immediately notify chain of command
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